

# Marriage and Parenthood

A pamphlet addressed to those  
about to marry, by the Marriage  
and Parenthood Committee of the  
Society of Friends

FRIENDS BOOK CENTRE,  
EUSTON ROAD, LONDON, N.W.1

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*Price Six Pence*



*THIS pamphlet is issued by the Committee on Marriage and Parenthood appointed by London Yearly Meeting of the Society of Friends. It is issued on the responsibility of the individual members of the Committee, and does not commit the Yearly Meeting as a whole to its conclusions.*

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## INTRODUCTION

MANY of the problems that confront humanity to-day are so involved and difficult that we stand perplexed before them; others are so remote from our everyday lives and demand for their solution so much technical knowledge and skill that we feel powerless to help where we would. One problem, however, remains and always will remain ours to deal with—the problem of our personal relationships. Within certain well-defined limits each has the ordering of his own individual life. For our home life, the relations between husband and wife, parents and children, each of us has a personal and intimate responsibility. The problems associated with the life of the community, involved and difficult as they are, cannot be solved apart from the lives of its individual members. The home is the unit, the growing point, of the Kingdom of God among men.

This pamphlet deals with some of the most intimate problems of human life, the problems of marriage and parenthood. We live in days when many established institutions are challenged and accepted moral codes discarded. From this general criticism the institution of marriage has not escaped, and many young people are reconsidering to-day their whole conception of the marriage relationship. It is because we believe that Friends have a contribution to make to this problem, which so vitally affects not only our individual lives but the life of the whole community, that this pamphlet has been written.

*May, 1942.*

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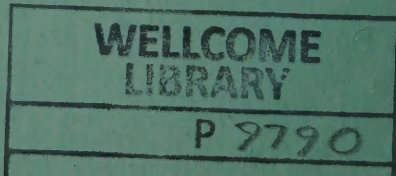
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# Marriage and Parenthood

## I

### THE ENGAGEMENT

*"Mind that which is pure in one another,  
which joins you together."*

George Fox.

Marriage is the union of two personalities in a spiritual, intellectual, and physical adventure. It is a relationship not lightly to be entered into, for only those who accept its full implications and responsibilities can draw from it the rich experiences which it offers.

The period of "falling in love", and being engaged, is one of the most wonderful periods in the life of the normal man and woman. It provides a necessary and valuable interlude between casual friendship and the ultimate intimacy in marriage, and gives the young couple an opportunity of learning to know and understand each other. During this time, when every pair of lovers from time immemorial has found the discussion of themselves and all that concerns them of absorbing interest, opportunity should be taken for frank and open consideration of the problems that are likely to confront them during the early part of their married life. Are the facts about the physical side of marriage known to both? Are children to be desired in the first year of marriage? Is the size of the family to be limited, and the advent of the children to be deliberately spaced, and, if so, by what means? Questions such as these will arise naturally between two young people who are giving serious thought to the planning of their future life together. Experience has shown that, far from robbing their married life of any of its richness and mystery, the lovers will, by this preliminary "clearing of the air", avoid many of the difficulties and pitfalls which await less prepared couples, and will help their union to be founded on a deep mutual respect and understanding. Doubtless many of the theories evolved during the engagement will be altered in the light of fuller experience, and both will realise that their ideas at this stage can only form a working hypothesis, but even this is infinitely better than undertaking a vast new enterprise without any plan of action at all.



Biologically the engaged relationship is an unnatural one, and long engagements often lead to a sense of strain and may even affect the health of both parties. The emotional difficulties which sometimes arise at this stage are quite likely to be the product of unnatural strain rather than of real incompatibility. Young people should realise these things, so that they may not worry unduly, but may learn to make allowances for each other. An engagement is something different from marriage, something essentially incomplete, but one of the experiences which can add greatly to the enrichment of life. There is a definite satisfaction to be obtained from the contemplation of good things to come, and anticipation has a joy of its own which differs from the joy of realisation. Moreover, the stresses and strains of an engagement may play their part in developing character. The situations which must be faced, the economic limitations, so hard yet so inevitable, may be the means of opening up new resources of self-control, patience, fortitude and serenity. It is possible to "come over" the difficulties, as George Fox phrased it, to "walk cheerfully over the world, answering that of God in every man"—not least in those we love most.

At the same time the difficulties in the way of early marriage which our present social system involves are real and hard to overcome. In some cases marriage can only be made possible if the wife continues to earn her living, and this brings its own complications, including probably the postponement of parenthood. It is a problem which can only be decided by each individual couple according to their own scale of values. A way of life which is right for one couple may appear little short of disastrous to another. All young people, however, do well not to set their ideas of material prosperity too high, but to take the earliest opportunity of making a home together on a very simple scale rather than wait a longer time for a greater degree of comfort and security. The early struggles faced in a spirit of adventure can do much to unite husband and wife and to lay a sure foundation on which to build up the family life of the future. For all young couples the task is fundamentally the same—to follow the light as they see it, and to be prepared to work and sacrifice for the attainment of an ideal.

Another allied problem which is bound to arise after marriage, and may well be considered beforehand, is the question of what work or other interest outside her home the wife is going to carry on after marriage. Some women who have trained for a profession will look upon the surrender of their career as a sacrifice gladly made in the service of the new home, and will find in the life of that home, at any rate for a time, full use of all their creative faculties. But mental stagnation comes all too easily, and in



a few years the wife may, without realising it, have allowed her horizon to become completely bounded by the four walls of her home. She may have given up her hobbies, given up her interest in current events, art, literature, social movements, until the time comes when her brain is no longer alert, her conversation is no longer interesting, and her personality suffers. Here again it is impossible to dogmatise, but the probability is that every woman is the better for a definite interest or piece of work outside her home. She will come back all the fresher to her kitchen and her nursery, she will be a better wife and mother, and much more able to keep mentally abreast of her growing children. To make this possible may entail considerable effort for both husband and wife during the busy years of bringing up a family, but it will be effort amply justified. The lot of the middle-aged woman who has had no interest outside her home and family, and finds herself suddenly bereft of these when her children leave home, is one of life's tragedies.

To Friends, marriage is not simply a civil contract but a religious act. In the simple Quaker wedding, with the equal promise made by man and woman without the intervention of priest or minister, husband and wife come quietly into the presence of God to consecrate to His service the new life on which they are entering. With high hope and trust they face the future, remembering that "happiness and blessing in marriage depend first on the presence of devoted love, a love which is not the outcome of a mere passing attraction, but which includes a real respect by each for the personality of the other.... It will yield its fairest fruit as it is chastened by the discipline of care and trial bravely borne, and ripened into self-forgetting devotion by the mutual influence of parents and children." (*Friends' Christian Practice*, p. 50.)



## II

### MARRIAGE

*"Love is not love  
Which alters when it alteration finds  
Or bends with the remover to remove ;  
Oh no ! it is an ever fixed mark,  
That looks on tempests and is never shaken ;  
It is the star to every wandering bark,  
Whose worth's unknown, although his height be taken.  
Love's not Time's fool, though rosy lips and cheeks  
Within his bending sickle's compass come ;  
Love alters not with his brief hours and weeks,  
But bears it out even to the edge of doom."*

*Shakespeare.*

Marriage is not the goal but the starting point in a great adventure. Like other adventures it promises experiences of infinite variety, dangers from unexpected quarters, periods of doubt and uncertainty, moments of illuminating vision, and more than all other adventures it holds the possibility of undreamed of happiness spreading into and affecting the whole of life.

In so deep and wide an experience there are inherent possibilities for good and evil greater even than those expected in the days of the engagement. Successful marriage does not happen by chance, and some of the difficulties of married life are caused by one or both partners expecting all that is claimed from marriage while contributing nothing in return. Discipline, self-sacrifice, forbearance and mutual give and take are even more necessary to-day than they were when marriage was supported by customs and standards which are no longer accepted as necessary or right. Married life calls upon all that is best in men and women, and only those who respond with a whole-hearted determination to follow the ideal can hope to win from marriage all that it has to offer.

In a happy marriage, perhaps the most striking discovery made by husband and wife as the years pass on is concerned with the infinite variety of their married life. Each partner is constantly changing and developing, and the closest unity should still leave



room for the free play of two independent personalities. But broadly speaking there are three main aspects of marriage in which harmony must be achieved if happiness is to result—the spiritual, the intellectual, and the physical. And although these three aspects are closely interdependent, each has its special problems of adjustment.

In the spiritual sphere it is difficult to lay down general rules, for each individual soul has its own approach to God and its own experience to guide it. But if husband and wife are together earnestly striving to know and follow the Master's will, if the same high ideals are set before both, and if they are able to share with each other their most vital thoughts and difficulties they will together reach deeper places of experience than either could know alone. This does not mean that there can never be differences of outlook. Each must follow his own vision of the truth, and each must respect the considered opinion of the other, and will find his own outlook broadened thereby.

Vital as spiritual fellowship and physical love are in marriage, intellectual companionship plays an almost equally important part. Husband and wife should be friends, in the finest sense of the word, as well as lovers, and friendship is always based on something more substantial than mere physical attraction. Community of tastes and interests plays an important part, and the pleasure of contact with an alert, keen mind. For each there is the certainty of someone ready to enter into every interest, to discuss any topic of importance which may arise, to share the pleasures and disappointments of work and play. One partner may be devoted to books, the other to birds or bio-chemistry—it is quite immaterial as long as there are certain things that they enjoy doing together, and as long as each is ready to take an interest in the affairs of the other. And if the relationship between them is of the right kind, it will be a real and not a simulated interest.

The days are gone when women were looked upon as mentally inferior to men, and Friends particularly have long held to the ideal of marriage as an equal partnership between two free, independent, and yet interdependent personalities, each giving of their best to the whole and each drawing strength from the other. Husbands no longer tend to "talk down" to their wives, but it may entail a real effort on the part of the woman if she is going to remain the companion and partner to her husband that she rejoiced to be during the engagement and in the early days of the marriage. The man has his work and goes out each day to wider horizons and more varied interests than are possible to the wife at home. Unless both are watchful to prevent it, there is always the possibility that the wife may become merely a housekeeper, and cease



to take an intelligent interest in the affairs of the larger world. The husband in his turn may do much by a sympathetic understanding of the problems of the home to prevent the burden of domestic detail from becoming overwhelming.

The physical side of marriage has in the past been grievously misunderstood by many married couples, and it is only of late years that the belief that there is something essentially shameful and unclean about the sex instinct has died down. To-day we face the fact that sex is in itself neither moral nor immoral, but may be the beautiful expression of a deep love or the casual satisfaction of an appetite, according to the way we make use of it. To the husband and wife who look upon sexual intercourse as an expression in terms of the body of their loving union of heart and mind, it will remain one of the greatest joys and richest experiences which marriage can provide. To them there will be no line of demarcation between the spiritual and the physical, and the revelation of God which is to be found in the whole of life will come to them in a very special way through their joy in each other.

It is no easy process for two independent personalities to come together into the peculiarly intimate relationship of marriage, and adjustments need to be made in the most ideal union. Spiritual and intellectual harmony between husband and wife is seldom achieved at once, and many men and women have suffered bitter disappointment on finding that their sex relations did not immediately bring them the exquisite joy and pleasure they had expected. But here, as in other aspects of married life, happiness cannot be achieved without continual unselfishness, consideration, and mutual respect. Love making is a fine art, full of delicate shades and subtleties, and skill can come only with practice and experiment, and a genuine desire on the part of both husband and wife to give joy to the other, and together to draw from their union the richest experience possible. Complete harmony cannot be reached without adequate knowledge, and the married couple may find much help in some of the good modern books on marriage now available.

In the early days of marriage, physical love occupies a prominent place in the life of the married pair, and grows in beauty as the perfect union of body and spirit is realised. With added experience a deeper, fuller joy and satisfaction are found, a greater nervous stability, and a sense of peace and well being that are absent in the beginning. To many, probably to most, married people, sexual intercourse remains a beautiful and a frequent expression of their mutual love, while others, with the passage of years, may find other ways, to them no less satisfying, of expressing their spiritual unity. Each couple must seek together by adjustment and experiment the way of living which gives them a full and harmonious life.



In recent years there has been a great deal of discussion about companionate or trial marriage. Most of those who advocate it recognise that it is not the ideal, but they claim that it would meet some of the difficulties of modern social life, constitute a means of discovering suitability, before any permanent union was decided upon, and lead up to a lifelong union with the hope of children. There are, however, serious objections to the introduction of any such practice. It is universally recognised that sexual intercourse has a profound, far-reaching, and permanent effect on the whole personality, not only in men but also in women. The separation of a man and a woman who have allowed a friendship to reach sexual intimacy before discovering that they are not fitted for the full union which marriage involves may leave a scar affecting each of their personalities deeply and permanently. Moreover, successful marriage demands from each partner a definite effort to achieve harmony not only on the physical but also on the intellectual and the spiritual side. In a relationship entered upon with no expectation of children and with no thought of permanence, there would be no spur to such an effort, no sense of stability, and a lack of that unifying influence which only children can bring. As Dr. Alfred Adler has said: "Marriage is a task; it has its own rules and laws; we cannot select one part and evade the others without infringing the eternal law of this earth's crust—co-operation. It is impossible to have the real intimate devotion of love if we limit our responsibility to five years or regard the marriage as a trial period. If men and women contemplate such an escape they do not collect all their powers for the task. We cannot love and be limited." (*What Life Should Mean to You*, p. 273.)

This section must end as it began, with the emphatic statement that marriage is not the goal but the starting point of a great adventure and the full glory of a happy marriage cannot be attained by those who put a period to its continuance. Probably no experience in life will be richer than the first rapture of physical and spiritual surrender, but with the passage of years there should ultimately emerge a deeper and more stable happiness, born of a long experience, a sharing in trials and hardships and responsibilities and in the creative joy of parenthood and home-making. This ultimate happiness, this "last of life for which the first was made", is a greater thing than the ecstasy of the early years—an immortal, serene love which is the final crown and glory of married life.



### III

## PARENTHOOD

*"You may give them your love, but not your thoughts,  
For they have their own thoughts.  
You may house their bodies, but not their souls,  
For their souls dwell in the house of to-morrow, which you cannot  
visit, not even in your dreams.  
You may strive to be like them, but seek not to make them like  
you.  
For life goes not backward nor tarries with yesterday.  
You are the bows from which your children as living arrows are  
set forth.  
The Archer sees the mark upon the path of the infinite, and He  
bends you with His might that His arrows may go swift and  
far.  
Let your bending in the Archer's hand be for gladness ;  
For even as He loves the arrow that flies, so He loves also the bow  
that is stable."*

*("The Prophet") Kahlil Gibran.*

The normal home is not complete until husband and wife become father and mother. When a man and woman marry, their interests are so bound up in each other that their lives almost inevitably become self-centred. For a time this may be natural, and the early days of marriage are so filled with new experiences, new ecstasies, new problems, that it takes a little time before the young couple can adjust themselves to their new relationship. But for most normal men and women parenthood, sooner or later, is the natural goal of married life.

"Out of the activity of love is born the most ennobling and also the most engrossing responsibility which life can hold. Having been partners in delight the two concerned awake to find that they must also be partners in very hard work, and must carry together a hundred anxieties." (Dr. Herbert Gray, *Men, Women and God*.)

There can be few marriages which would not be blessed by the coming of children. Children change and enrich the relation of husband and wife to each other. The coming of each child brings a new responsibility into the family circle, and with the increased responsibilities comes the challenge to more intelligent



and understanding service. "It is a great thing to care for physical health by good feeding, clothing, and similar ministrations. It is greater to give a good education. But the greatest is to develop a character." (*Copeck Report*, Vol. 3, p. 41.) In this connection it may perhaps be suggested that one of the greatest advantages which can be given to any child is the possession of brothers and sisters. The natural and wholesome discipline of life in a large family circle provides the surest means of avoiding psychological difficulties, and is a great help in the sound upbringing of any child. Membership in a family of four or five may be of more value than an expensive education—certainly it will be of far greater value than the possession by the family of a car. Yet practically all modern houses are built with garages instead of nurseries, and few are the gardens which are designed so that children can romp freely.

But though parenthood is one of the supreme ends of marriage, and though there is no substitute in later education for brothers and sisters, yet modern conditions have made some limitation of the family natural, desirable, and necessary. Economic conditions press heavily on young married people, and the birth and upbringing of children is a much more formidable financial burden than it was in a former generation. There must be many young couples who long to have children and yet have no margin to meet the inevitable cost. It is the undeniable right of every child that its existence should be desired and not begrudged, and no couple should bring children into the world for whom they cannot provide the necessities of life. Again, in these days of economic competition, parents are anxious to give each child the best possible equipment for life, and often find it impossible to achieve this for more than one or two children. Moreover, it cannot be denied that very frequent pregnancies over a number of years may impose a burden on women which they should not be called upon to bear, and which is not in the best interests either of the family or of the community. For these and other reasons, every married couple is faced with the problem of deciding what course they are going to follow. Most will agree that some form of limitation of the size of the family is essential. It is for each pair to consider, thoughtfully and reverently and making use of all the information available to them, what is for them the right way.

There are four recognised methods by which such limitation may be attempted :

- (a) By the restriction of intercourse to the so-called "safe" period.
- (b) By interrupting intercourse before the act is complete.
- (c) By abstinence from intercourse.
- (d) By the use of contraceptives.



(a) The method of choosing times for sexual intercourse when conception is least likely to occur is open to objection on various grounds. In the first place it is an uncertain method, since medical research has not yet reached a point at which we can say with any degree of certainty that any period is entirely safe. There is also reason to believe that there is a rhythmic element in the occurrence of sexual desire among women, and restriction to the period when conception is least likely to result means that union would only take place at times when the woman was least likely to have satisfaction in it.

(b) Psychologists and doctors unite to condemn the attempt to control conception by "interruption" or "withdrawal", because it is a denial of the principle of equal, mutually satisfying sex relations for both husband and wife, and frequently leads to serious nervous troubles.

(c) There are a certain number of people who feel that the use of contraceptives is not consistent with their ideals, and that complete physical union should only take place when a child is desired or precautions are unnecessary. They believe that although their experience of such union must therefore be limited, this need in no way detract from the completeness of their marriage relationship. Many of them come to feel that frequent physical intercourse is in itself not an essential part of their married life, neither is it the only way in which intimacies can be shared. Other physical expressions of love, when accepted by both partners without the expectation of intercourse, can be the means of achieving a deep and quiet union of spirit, and in this way abstinence ceases to be a negative condition involving repression of all physical desire, and becomes a positive sharing and redirecting of physical and spiritual energies.

(d) For those who believe that physical union is right and valuable as an expression of mutual love, quite apart from its function of procreation, there can be no special merit in complete abstinence. For many people complete abstinence, except when children are desired, involves great strain, which may lead to nervous troubles. It is the experience of many married couples that physical union may come to have for them a much deeper significance than the mere satisfaction of a bodily desire—it becomes an expression of their absolute oneness of spirit, each giving wholeheartedly to the other. For those who hold this view of the essential value of the physical act, quite apart from the procreation of children, there can be nothing in the use of contraceptives which is in any way unworthy of their marriage ideals, and the question becomes a practical one to be decided with the best knowledge and guidance at their disposal. This is, after all, an intensely personal question, and no couple can judge the



right course for another. We can only follow the light as we see it, respecting the sincere conviction of others, and seeking humbly for the guidance of God in this matter, which He has set in the very centre of our lives.

If it is decided to make use of contraceptives, it is advisable to obtain expert advice from a medical man or woman specialising in contraceptive technique,\* as no reliance can be placed on methods used without skilful supervision. The best methods, properly used, present little likelihood that the spontaneity of love will be impaired, or that the element of anxiety will be present, which might be an obstacle to complete surrender in love.

It must, however, be recognised that contraceptives are by no means a complete solution to the problems of marriage. They simplify the practical problems of everyday living for a large number of married people, but there is still widespread need for better sex education, for urgent social reforms, and for higher ideals in the general conception of marriage. Their use, moreover, does not mean that married love is to degenerate into licence, or that there is any less need for the exercise of self-control and mutual forbearance and thoughtfulness. Sex intercourse is only beautiful and creative when it is the spontaneous expression on the part of both partners of a spiritual unity, which craves for the bodily union to complete it. There are many times when sex intercourse, if indulged in, would fall short of this ideal, and then each must be strong enough to deny himself for the sake of the other. There are times when either husband or wife is tired; there are the later months of pregnancy and the weeks of recuperation after childbirth—in the lives of every couple who have set a high ideal before themselves there are many occasions for the exercise of self-denial and unselfishness, and their love will be the richer and deeper because of them.

It remains as true today as it has ever been, that children are the crown of a free and complete union of a man and a woman who love each other. Thus does love become creative, and in so doing it escapes from itself and becomes, through unselfishness, wider and stronger. Children mean hard work, and self-discipline, and sacrifice, but the joys they bring are out of all proportion to the sacrifice involved.

\* The Secretary of the Marriage and Parenthood Committee can supply names and addresses of some suitable doctors on request. Address, c/o Friends House, Euston Road, London, N.W.1.



## IV

### THE HOME

*"As the sun returns in the east, so let our patience be renewed with dawn ; as the sun lightens the world, so let our loving-kindness make bright this house of our habitation."*

*(" Vailima Prayers ") R. L. Stevenson.*

We are called to-day to courageous action in the art of living. The first line of advance is in the direction of simplicity—not the strained simplicity so often imposed to-day by economic necessity, but the beauty and freedom of a plain way of life achieved by careful thought and willing experiment. A simple home life, unencumbered with overmuch of the material things of the world, is fertile ground for the blossoming of true beauty and love. In such a home there will be a simple hospitality and a sharing of the weight of household tasks so that each may have time to give to wider interests. Much can be done by wise planning and the careful keeping of accounts to achieve a right standard of simplicity with a true appreciation of the responsibility of money.

"A high ideal of family life, maintained in practice as well as in theory, is an important part of the inheritance which parents should leave to their children, and in so far as they fail to do this, they are depriving them of their rights. This ideal is inevitably lowered when love and sympathy and mutual confidence are absent. When husband and wife share each other's aims and help each other in achieving them, they exercise an influence which is felt by all who come under their roof." (*Christian Practice*, pp. 53 & 54.)

This personal relationship between the husband and wife is all-important. Only if it is completely satisfying to both partners will they be able to maintain the right emotional balance in their relations with their children. The atmosphere in the home is almost entirely dependent upon the degree of harmony between the two persons at the head of it, and only in a calm, unruffled atmosphere can a child develop naturally and happily. The relationship between husband and wife, just as it existed before the arrival of the children, will continue after the children have grown and passed into the world. It is an independent growth, to be tended



and cultivated for its own sake. And if its roots are not firmly established there is danger that instead of being a bond to draw the parents nearer together, the children may prove a source of dissension and separation. If this happens, or if the relationship between the parents leaves them unsatisfied, it is almost inevitable that one or both will develop an overwhelmingly possessive attitude towards at least one of the children, in an endeavour to compensate for the lack of emotional satisfaction found elsewhere. This is a state of affairs which cannot be too strongly deplored; it cripples the normal development of the boy or girl to manhood or womanhood, and may set up mental disabilities which persist throughout life.

Throughout their childhood children are laying the foundations of their own future attitude to marriage. Their first impressions of love are gained from watching their parents, and children who have grown up with a high ideal constantly before their eyes are not likely to accept a lower standard for themselves when they are founding a home of their own. In this way, and by a calm, truthful handling of the child's questions in matters of sex, parents can do a great work towards the building up of a new generation with a high ideal of love and marriage. There is work for each parent to do, and neither can wholly take the place of the other. Those of us who are privileged to have homes of our own would do well to remember the words of the Quaker Query: "Are you endeavouring to make your home a place of friendliness, refreshment, and peace, where God becomes more real to all who dwell there and to those who visit it?"

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The Marriage Guidance Council, 78, Duke Street, London, W.1, offers advice and help, through a staff of expert consultants, to those married or about to be married, and to religious and social workers concerned in advisory work of this kind.



# BOOK LIST

These books may be borrowed from the Library of the Friends Marriage and Parenthood Committee, Friends House, Euston Road, London, N.W.1, on condition that readers pay postage incurred, care for books borrowed, and pay for loss or damage sustained by books while in their possession.

## SECTION I

Personal Relationships; Spiritual, Ethical, Psychological and Physical Aspects of Sex and Marriage, including Contraception.

**Marriage Crisis.** *David R. Mace.* 1949. pp. 141. Delisle.

A well written account of the modern breakdown in marriage with helpful suggestions for the achievement of a new pattern of family life.

**Can the Family Survive?** *E. C. Urwin.* 1944. pp. 141. S.C.M. Press.

Healthy family life examined in terms of social organisation and personal behaviour.

**The Childless Marriage.** *Edward Griffith.* 1939. pp. 128. Kegan Paul.

For the help of disappointed would-be parents. Mainly physiological and medical advice.

**Christian Marriage and Modern Practice.** *A. G. Pite.* 2nd Edition. pp. 128. Student Christian Movement.

A valuable analysis of the factors, intellectual, spiritual and physical, which make for lasting happiness in marriage.

**The Christian Interpretation of Sex.** *Otto H. Piper.* 1942. pp. 226. Nisbet.

Written in the light of the profound teaching on the subject in the Bible.

**Creative Sex.** *E. D. Hutchinson.* 1936. pp. 122. Allen & Unwin.

A valuable book on sex as a creative element in life of much larger significance than physical sexuality.

**Does Sex Morality Matter?** *David Mace.* 1945. pp. 154. Rich & Cowan.

Accepts the challenge of the "new morality". Defends the Christian standard by first principles, without

dogma. A book of clear thinking in the confusion of sexual ethics to-day.

**Education for Christian Marriage.** *A. S. Nash,* editor. 1939. pp. 304. Student Christian Movement.

An attempt to reconstruct and restate a specifically Christian view and practice regarding Marriage to-day, by doctors, psychologists, clergy and others. Primarily for advisers.

**Happiness in Marriage.** *Margaret Sanger.* 1927. pp. 224. Cape.

Informing chapters for young adults, applying psychology and common sense to courtship and marriage.

**Home Life and the Community.** *Leslie George Housden.* 1945. pp. 66.

National Association of Maternity and Child Welfare Centres.

An attempt to show how the healthy family gives rise to the healthy State.

**The Hygiene of Marriage.** *Isabel E. Hutton,* M.D. 1923. pp. 112. Heinemann.

Information about physiological and psychological processes of marriage simply but scientifically treated.

**Little Essays in Love and Virtue.** *Havelock Ellis.* 1922. pp. 187.

A. & C. Black.

Sets forth fundamental principles in simple language, in some detail, and their practical application to the life of our time concerning the relations between the sexes. A contribution to deeper understanding, addressed to the young in mind.



- Love's Coming of Age.** *Edward Carpenter.* pp. 221. Methuen.  
Papers written with courage and insight many years ago and still valuable. On man, woman, marriage, the family, jealousy, etc.
- Marriage and Parenthood.** *Friends Marriage and Parenthood Committee.* 14th impr. 1949. pp. 20. Friends Book Centre.  
A pamphlet addressed to those about to marry.
- Marriage, Children and God.** *Claud Mullins.* 1933. pp. 233. Allen & Unwin.  
Advocates instruction in contraception as likely to reduce incidence of matrimonial and parental failure in the face of poverty. By a London magistrate.
- The Meaning of Love.** *Vladimir Solovyev.* pp. 82. Geoffrey Bles.  
The first English translation of a book long famous abroad. Connects love in its deepest meaning with the true development of personality.
- Men, Women and God.** *A. H. Gray.* 1923. pp. 200. Student Christian Movement.  
One of the first of the modern books dealing with love, marriage, children, divorce, and moral standards from a Christian standpoint.
- Modern Light on Sex and Marriage.** *Douglas White.* c. 1936. pp. 128. Skeffington.  
A modern outlook on marriage in the light of Christian standards.
- Modern Marriage.** *Edward F. Griffith.* 21st edition. 1948. pp. 303. Gollancz.  
A useful, all-round book on marriage problems, intended primarily for those who have recently married or are engaged.
- Moral Adventure.** *B. H. Streeter.* 1928. pp. 133. Student Christian Movement.  
Sets forth an Ethic of Sex based not upon taboo but upon true "self-realisation."
- Parenthood: Design or Accident.** *Michael Fielding.* Revised and enlarged. 1941. pp. 258. Williams & Norgate.  
A simple and comprehensive survey of modern knowledge in regard to contraceptives.
- The Place of Sex in Life.** *T. W. Pym.* 1931. pp. 31. Benn.  
An essay to help people to achieve a positive background of Christian values against which the practical problems of sex can be faced.
- The Philosophy of Love.** *Dallas Kenmare.* 1942. pp. 224. Williams and Norgate.  
This is an attempt to carry us on beyond the emancipation from sexual taboo to a truer understanding of the spiritual character of love and that it is the central necessity of life, without which the emancipation achieved will lead merely to new frustration and disillusion in the future.
- Preparation for Marriage.** *Kenneth Walker* (Editor for the British Social Hygiene Council.) 1932. pp. 191. Jonathan Cape.  
A "handbook for advisers", primarily designed to make available for all leaders of youth the necessary scientific knowledge, but also of great use to the general reader.
- Psychology of Marriage and the Family Life.** *W. E. Sargent.* 1940. pp. 154. Independent Press.  
Guidance for those contemplating marriage, offered with knowledge and insight to help towards the understanding and the adjustments which happy marriage calls for.
- Reason and Emotion.** *John Macmurray.* 1935. pp. 286. Faber.  
Valuable lectures on the relative functions of reason and emotion in many different spheres of life, including sex-relationships. A spiritual and psychological approach.
- The Remaking of Marriage.** *Paul Bjerre, M.D.* 1931. pp. 257. Williams and Norgate.  
A valuable contribution to understanding marriage as a spiritual adventure in modern conditions.
- Sex.** *Thomson and Geddes.* pp. 255. Home University Library.  
A short, scientific exposition, mainly physiological and psychological.
- Sex and Common Sense.** *Maude Royden.* 1922. pp. 200. Hurst and Blackett.  
Public addresses on love and marriage and some special difficulties—the unmarried, mutual chivalry, homosexuality, divorce.



**Sex in Everyday Life.** *Edward F. Griffith.* 1938. pp. 379. Allen and Unwin. Encyclopædic on the relationships between the sexes. Clear scientific facts and constructive guidance towards a healthier attitude to sex by people in various situations.

**The Sex Factor in Marriage.** *Helena Wright.* 1937. pp. 100. Williams & Norgate.

A married woman describes the technique of sex in a practical manner, which aims at achieving equal satisfaction for wives and husbands. Wide horizons are opened up in this book.

**The Single Woman and her Emotional Problems.** *Laura Hutton.* 1937. pp. 173. Baillière.

Simply expressed exposition and advice by a physician with psychological experience.

**Successful Marriage.** *A. Herbert Gray.* 1941. pp. 147. Rich and Cowan. Conclusions by one with wide experience in guiding others through difficulties. Designed to convey knowledge that may save much suffering through inexperience.

**Technique of Marriage.** *Mary Borden.* 1933. pp. 296. Heinemann. Common sense and sound insight good humouredly expressed on a dozen every-day features of married life.

**Change of Life in Women.** *Medica.* 1949. pp. 76. Delisle. A book by a distinguished woman

medical consultant who explains to the ordinary reader how much assistance can nowadays be given to a woman who finds herself in difficulty at the change of life.

**Men and Women.** *Gilbert Russell.* 1948. pp. 125. S.C.M.

The author writes on the personal relationships between men and women from the Christian point of view. He has many instructive and helpful things to say to married people, and those about to be married.

**Voluntary Parenthood.** *Edward F. Griffith.* 1937. pp. 141. Heinemann. A doctor discusses for the general reader and for nurses and social workers problems connected with marriage and contraception.

**The Way of All Women.** *Esther Harding.* 1933. pp. 335. Longmans. A living interpretation of woman's psychology, and especially of her spiritual character. "An important contribution to a deeper knowledge of the human being."—C. G. Jung.

**What Life Should Mean to You.** *Alfred Adler.* 1942. pp. 300. Allen & Unwin. A great psychologist wrote this to help the members of the human family to understand themselves better. Treats of mind and body and the meaning of relationships for child, adolescent and adult, in society, and in marriage. Of real value.



## SECTION II

## Upbringing of Children and Sex Education, Infancy and Childhood.

**Advances in Understanding the Child.**

1935. pp. 75. Home and School Council of Great Britain.

Eleven papers by qualified writers on Confidence, Helpfulness, Honesty, Truthfulness, Fear, Cruelty, Stubbornness, Jealousy and other topics, specially written for help in bringing up children. Third edition in two years.

**Common Sense in the Nursery.** *Mrs.*

*Sidney Frankenburg.* 1934. pp. 287.

Jonathan Cape.

On everyday problems concerning children from birth to eight years. There is a useful chapter on acidosis.

**The Nursery Years.** *Dr. Susan Isaacs.*

1938. pp. 138. Routledge.

A practical and useful little book on the general management of young children, full of enlightened common sense.

**On Being a Father.** *R. M. and E. M.*

*Walker.* 1928. pp. 192. Jonathan

Cape.

Of great interest to all parents. Contains a good deal not to be found elsewhere in a single volume. A scientific approach, well within the reach of the intelligent layman or woman.

**On Being a Mother.** *Stella Churchill.*

1936. pp. 285. Gollancz.

Wealth of information on many subjects—the mental and physical health of both mother and child, family

relationships, social position of women, etc., by a medical woman and a mother.

**Our Children and the Future.** *Margaret Snell.* 1939. pp. 120. Macmillan.

A spiritual approach to the modern parent's task with helpful chapters on Fear and Security, Authority and Freedom, Play, Religion, etc.

**The Psychological Care of Infant and Child.** *John B. Watson.* 1928. pp. 159.

Allen & Unwin.

A slightly more technical book, but by no means difficult. The psychology of the very young child is dealt with more thoroughly than in the majority of popular books.

**Seven Stages of Childhood.** *Elizabeth*

*Sloan Chesser.* 1937. pp. 320. H.

Jenkins.

For parents of children from infancy to fifteen years, on psychological and physical development.

**The Single-Handed Mother.** *Lindsey*

*W. Batten.* 1939. pp. 188. Allen &

Unwin.

About the young baby.

**Your First Baby.** *Anne Medley.* 1943.

pp. 226. Faber & Faber.

By a young mother for young expectant mothers. Friendly, simple, tries to answer all the practical and intimate questions the author would have liked to ask.



## SECTION III

## Teachings About Sex and Reproduction to Young Children and Adolescents.

If a book is written for children to read it is made clear in the note. Otherwise the books are usually better suited to parents or advisers.

**Advances in Understanding the Adolescent.** 1938. pp. 107. Home and School Council of Great Britain.

About Self-consciousness, Reticence and Waywardness, Right to Independence, Moodiness, Intellectuality, Religious Problems, Leisure, Choosing Work.

**Awkward Questions of Childhood.** T. F. Tucker and M. Pout. 1934. pp. 156. Gerald Howe.

Questions which have actually been asked by numerous children on matters connected with birth and sex, with a description of the way in which they can be answered.

**Growing and Growing Up. A Book for Girls.** M. Pout and T. F. Tucker.

**How You Grow. A Book for Boys.** T. F. Tucker and M. Pout. 1935. About 50 pp. each. Alliance of Honour.

Books for children approaching adolescence, or for their parents to retell to them.

**How a Baby is Born.** K. de Schweinitz. 1931. pp. 95. Routledge.

Simply written for the young child, a general introduction to the subject.

**The Road to Maturity.** Edward Griffith. 1944. pp. 232. Gollancz.

With contributions by other well-known authors.

Sees the problem as a whole, involving spiritual as well as physical factors.

**Sex Education.** Cyril Bibby. 1944. pp. 290. Macmillan.

A practical discussion for the help of parents, teachers and youth leaders.

**Sex, Friendship and Marriage.** G. Frances and Kenneth C. Barnes. 1938. pp. 200. Allen & Unwin.

For young people, teaching a healthy, intelligent attitude to normal emotional development in both sexes.

**Sex in Childhood.** E. R. and G. H. Groves. 1938. pp. 254. Muller.

Will help parents and teachers of

children at various stages to offer needed guidance in a healthy attitude to sex.

**Sex Problems and Youth.** Theodore Tucker. 1941. pp. 120. Allen & Unwin.

A straightforward talk on personal problems, the result of wide experience of the difficulties of youth.

**Sex Problems in War Time.** Dr. G. L. Russell. 1940. pp. 63. Student Christian Movement.

A discussion in terms of scientific facts and Christian standards.

**The Story of a Baby.** H. M. Ets. Viking Publishing Co., New York.

A clear and beautiful pictorial account for young children of human growth from conception to birth. Omits reference to fatherhood.

**Grow Up—and Live.** Eustace Chesser. 1949. pp. 295. Pelican.

A book that will help girls and boys to face some of the social, ethical and physical problems of growing up.

**What is Sex?** Helena Wright. Fully illustrated. 1932. pp. 165. Noel Douglas.

A synopsis of sex physiology in plants, animals and human beings. A most useful outline to put in the hands of young people.

**The Wonder of Life.** M. I. Levine and J. H. Seligman. 1941. pp. 116. Routledge.

A beautifully written account of reproduction in animals and men addressed to the young adolescent or near adolescent reader.

**Youth and Sex.** Meyrick Booth. 1932. pp. 224. Allen & Unwin.

Treats of the psychological background of youth to-day, co-education and the modern teacher's problems, education for a healthy outlook.



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